

Supplementary Material 3

Effects of internal cooling on physical performance, physiological and perceptual parameters when exercising in the heat: a systematic review with meta-analyses

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3 Supplementary Data: List of excluded articles and reason for exclusion.

Reference	Reason for exclusion
Ashworth et al. 2021 (1)	Age not reported
Best et al. 2018 (2)	Inclusion criteria for subjects not met
Best et al. 2020 (3)	No quantitative data reported
Burdon et al. 2014 (4)	Inclusion criteria for outcomes not met
Chaseling et al. 2018 (5)	Inclusion criteria for subjects not met (MS patients)
De Carvalho et al. 2015 (6)	No isovolumic drink ingestion
Deshayes et al. 2019 (7)	Inclusion criteria for study type not met
Dugas 2011 (8)	Duplicate publication (Siegel et al. 2010)
Forsyth et al. 2016 (9)	No exercise performed
Fuchs et al. 2020 (10)	External cooling (water immersion)
Gillis et al. 2015 (11)	External cooling (menthol)
Gosselin et al. 2019 (12)	No control group
Hasegawa et al. 2006 (13)	Combination of internal and external cooling
Kazadi et al. 2018 (14)	Use of natural substances containing menthol (Peppermint oil); no exercise performed
Lee et al. 2013 (15)	Application of internal cooling after exercise (“post-cooling”)
Levels et al. 2013 (16)	No isocaloric drink ingestion
Li et al. 2018 (17)	Inclusion criteria for subjects not met (mice)
Maunder et al. 2017 (18)	No isocaloric intake
Meamarbashi 2014 (19)	Use of natural substances containing menthol (Peppermint essential oil)
Meamarbashi & Rajabi 2013 (20)	Use of natural substances containing menthol (Peppermint oil)
Mejuto et al. 2018 (21)	Combination of internal and external cooling
Morris et al. 2014 (22)	No oral intake (control group with nasogastric tube)

Morris et al. 2017 (23)	No exercise performed, cold environment
Mündel et al. 2006 (24)	No isovolumic drink ingestion
Mündel & Jones 2010 (25)	No isovolumic drink ingestion
Naito & Ogaki 2017 (26)	No quantitative data reported
Naito et al. 2017 (27)	No quantitative data reported
Naito et al. 2018 (28)	No quantitative data reported
Naito et al. 2021 (29)	Combination of internal and external cooling
Onitsuka et al. 2018 (30)	No exercise performed
Racinais et al. 2021 (31)	Inclusion criteria for study type not met
Riera et al. 2014 (32)	No quantitative data reported
Riera et al. 2016 (33)	No quantitative data reported
Ross et al. 2011 (34)	Combination of internal and external cooling
Ross et al. 2012 (35)	Combination of internal and external cooling
Saldaris et al. 2019 (36)	Duplicate data publication
Savoie et al. 2015 (37)	Combination of internal and external cooling; no control group
Scarfò et al. 2021 (38)	Inclusion criteria for subjects not met (not healthy)
Shepherd & Peart 2017 (39)	Use of natural substances containing menthol (Peppermint oil)
Siegel et al. 2010 (40)	No quantitative data reported
Sönmez et al. 2010 (41)	Use of natural substances containing menthol (Mint extract)
Stevens et al. 2013 (42)	No isovolumic drink ingestion
Stevens et al. 2017 (43)	Combination of internal and external cooling
Stevens et al. 2021 (44)	Age not reported
Stevens et al. 2020 (45)	Combination of internal and external cooling
Tasing et al. 2016 (46)	Inclusion criteria for subjects not met (obese men)
Trbovich 2019 (47)	Inclusion criteria for subjects not met
Trong et al. 2015 (48)	No quantitative data reported
Valente et al. 2015 (49)	No exercise performed
Walker et al. 2014 (50)	No isocaloric drink ingestion, post-cooling
Wimer 2009 (51)	No adequate control group
Xu et al. 2021 (52)	No isocaloric drink ingestion
Yeo et al. 2012 (53)	No isovolumic drink ingestion
Zhang et al. 2014 (54)	Combination of menthol and other substance (benzocaine)

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